MAY GROUP FITNESS CLASSES @ THE ROCK ON ASPEN

AM	MON	TUES	WEDS	THURS	FRI	SAT
9:00am- 10:00am 60 mins	BODYPUMP W/ELIZABETH	HILF HERE FOR WALFE	W/ FELECIA	STRETCH Fit Yoga & Pilates W/ AMY JO	SPINNING.	SATURDAY CLASSES START AT 9AM
10:15am- 11:00am 45 mins	SilverSneakers	SilverSneakers — Classic — W/ KENDY	SilverSneakers Yoga Stretch W/FELECIA	SilverSneakers —Classic— W/ KENDY	LOW IMPACT CARDIO WORKOUT FOR SENIORS W/JOHNNY	
24 HOUR ACCESS!	<u>No Monday</u> <u>classes on</u> <u>Memorial Day</u>	2017 ACTION PLAN				
PM Classes	INSTAGRAM The.rock.fitness		BELIEVE IN YOURSELF.	24 HOUR FITNESS		6 th - Elizabeth
5:40pm- 6:35pm 55 mins	W/VANESSA	STRETCH Fit Yoga&Pilates W/FELECIA	FIT CAMP W/ANGIE	W/AMY	Instructor Change	Dance2Fit
6:00pm- 6:45pm 45 mins	SPINNING.	SPINNING.	SPINNING.	Drink Water	OPEN 24 Hours	20thw/Jenny
6:40pm- 7:35pm 55 mins	W/ CORIE	CARDIO BLAST W/CORIE	Dance2Fit w/amber	W/EIIZABETH KICKBOXING W/ BELINDA	Alternating Class Zumba 1 st & 3 rd Kickboxing 2 nd & 4 th Thursdays	27 th -Memorial Day Weeked- NO SATURDAY CLASS
7:40pm- 8:35pm	LATE EVENING CLASSES	BOOT CAMP W/ HASKLE JR	EXCUSES DON'T BURM CALORIES	HILL T INCH INCERCY STREAM CONTROL W/HASKLE JR	LATE EVENING CLASSES	

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